

## WHAT IS CLAIMED IS:

1. A method of treating cervical dysplasia in a subject having cervical dysplasia comprising administering to the subject an amount of a dietary indole selected from the group consisting of DIM and LTr-1 effective to reduce one or more symptoms associated with cervical dysplasia.

2. The method of claim 1 wherein the dietary indole is DIM.

3. The method of claim 2, wherein the DIM is suspended as microparticles in a starch carrier matrix.

4. The method of claim 1, wherein the dietary indole is formulated as a cream or suppository.

5. The method of claim 4, wherein the dietary indole is administered by direct application to the vaginal or cervical mucosa of the subject.

6. The method of claim 4, wherein the dietary indole is formulated as a cream, and is administered transdermally.

7. The method of claim 1, wherein the dietary indole is administered orally.

8. A method of preventing cervical dysplasia in a subject in danger of developing cervical dysplasia comprising administering to the subject an amount of a dietary indole selected from the group consisting of DIM and LTr-1 effective to prevent one or more symptoms associated with cervical dysplasia.

9. The method of claim 8 wherein the dietary indole is DIM.

10. The method of claim 9, wherein the DIM is suspended as microparticles in a starch carrier matrix.

11. The method of claim 8, wherein the dietary indole is formulated as a cream or suppository.

12. The method of claim 11, wherein the dietary indole is administered by direct application to the vaginal or cervical mucosa of the subject.

13. The method of claim 11, wherein the dietary indole is formulated as a cream, and is administered transdermally.

14. The method of claim 8, wherein the dietary indole is administered orally.